



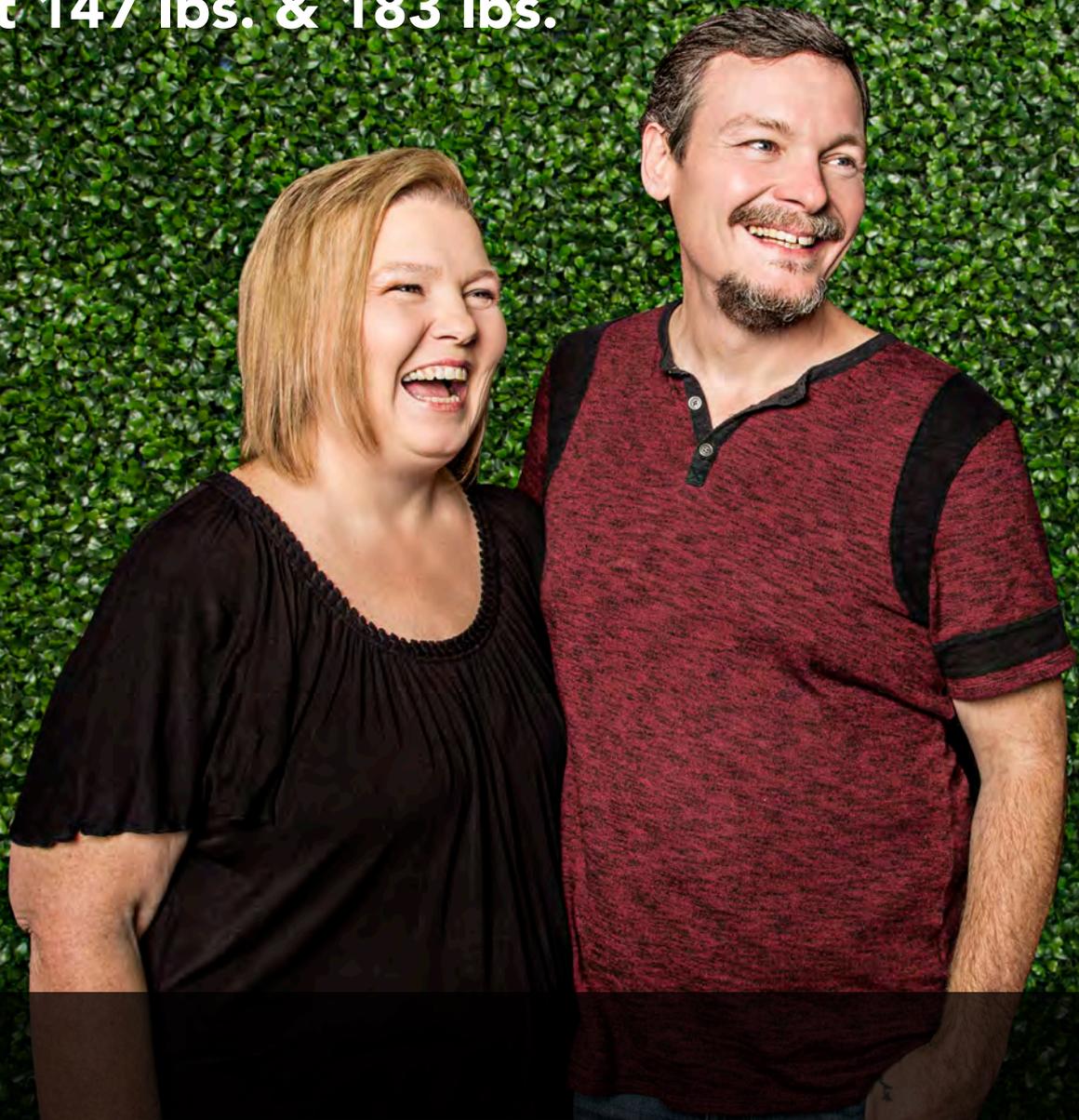
Carolina's HealthCare System



Bariatric Surgery Guide



Lisa and Shawn
Lost 147 lbs. & 183 lbs.





Take the first step toward a healthier you.

Our Team is Your Team

To lose weight, sometimes it takes more than just willpower and a lifestyle change. It requires expert help.

Choosing weight loss surgery is a big decision. When you choose bariatric surgery at Carolinas HealthCare System, you get **your own personal weight loss support team**. We'll keep you involved, informed and inspired to embrace a healthier lifestyle.

Our dedicated staff will educate you about the surgery process, address your concerns and **help you adapt** to life before and after your surgery.

Candidates for Surgery

- Must be between 18 and 70 years old, in most cases.
- Have a body mass index (BMI) of 35 or more.
- Often have two chronic diseases, such as Type 2 diabetes, high blood pressure, sleep apnea.
- Should be highly motivated to make a lasting change.

You're Not Alone

Obesity is one of the leading health issues in the country. **More than half of Americans are overweight** and roughly 12 million are severely obese,* leaving them at risk of more than 30 health conditions – diabetes, heart disease, degenerative joint disease and premature death.

*100 pounds overweight or more, according to the Centers for Disease Control and Prevention

A Roadmap to Success

To ensure the most successful surgical outcomes, our team will evaluate your overall health and perform a comprehensive physical exam. We consider your:

- family health history
- existing medical conditions
- behavioral patterns
- emotional, environmental influences
- nutrition
- weight history
- diet attempts
- eating habits

Success Stories

Each patient has a unique story. To see how weight loss surgery has helped our patients enjoy more of what they love, visit CarolinasHealthCare.org/Bariatric.





Watch success stories at CarolinasHealthCare.org/Bariatric



Lynn
Lost 160 lbs.

Read success stories at CarolinasHealthCare.org/Bariatric

Surgery Options

Our board-certified surgeons use minimally invasive techniques that help patients **recover faster, with fewer complications**. We offer the following weight loss surgeries:

- **Adjustable Gastric Band**

Considered the least invasive option, this surgery limits food intake and helps you feel full with less food. **How it works:** An adjustable silicone band is wrapped around the upper part of your stomach.

- **Vertical Sleeve Gastrectomy**

Studies show this surgery often results in greater weight loss than the adjustable gastric band. **How it works:** A portion of your stomach is removed. The banana-shaped pouch that's left helps limit the amount of food used by your body.

- **Roux-en-Y Gastric Bypass**

Studies show this surgery often results in the greatest weight loss compared to the gastric band or sleeve gastrectomy. **How it works:** Your stomach is stapled and divided to create a small pouch that allows food to bypass a section of the small intestine. This limits the amount of food you consume and limits the absorption of calories.

Take the first step today.

Register for a free bariatric surgery seminar to learn which option is right for you.

866-965-4957 | CarolinasHealthCare.org/Bariatric



Support and Guidance Along the Way

Long-term weight loss takes commitment, but **our team will be with you** at every turn postoperative care. We partner with Carolinas Weight Loss Surgery and Carolinas Weight Management to give you the resources and direction you need **throughout your weight loss journey**.

- We provide a comprehensive follow-up program that includes psychological support, nutrition advice and exercise training.
- We offer monthly support groups and individual counseling to address self-defeating habits.

Financial Guidance

Our specialists will help you understand:

- Your medical insurance coverage as it relates to weight loss surgery.
- The specifics of your weight loss surgery insurance benefits.
- Your out-of-pocket expenses and financial responsibilities.

Choose Excellence

We're ready to be your weight loss partner, and we're confident our knowledge and expertise can give you **the jumpstart you need to achieve your goals.**

- **A Team Approach** – Our nutritionists, bariatricians, mental health providers, registered nurses and surgeons work together to create a plan tailored to your needs.
- **Bariatric Surgery Centers of Excellence** – Because of our commitment to **safe, high-quality care**, we earned the American College of Surgeons' Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program designation.
- **Nationally Recognized** – The Joint Commission ranked Carolinas Medical Center-Mercy top hospital in North Carolina, and fifth in the nation, for disease-specific care in bariatrics.
- **Non-Surgical Options** – Our weight management program helps patients who want to consider non-surgical options for healthy weight loss.
- **Quality Care** – Our bariatric program exceeds national standards for quality and patient safety.

Bariatric surgery is performed at Carolinas HealthCare System NorthEast and Carolinas Medical Center-Mercy. Both have earned the following distinctions:

- Aetna Institutes of Quality.
- Blue Cross Blue Shield Blue Distinction Center for Bariatric Surgery.
- Cigna Certified Center for Bariatric Surgery.
- OptumHealth (United Healthcare) Bariatric Surgery Center of Excellence.

FAQ

How long will I be out of work?

Everyone recovers differently, but patients usually can return to work in three weeks or less. Patients can expect to walk the evening after surgery and on a regular basis in the days that follow.

Will my insurance cover bariatric surgery?

Each patient's insurance plan is different. Bring your photo ID and insurance card to one of our free bariatric seminars, and a financial coordinator will help you understand your coverage.

How long does surgery last?

Depending on the procedure you choose, surgery can last up to two hours.

What kind of foods can I eat after surgery?

Most patients can eat small portions of their typical foods about a month after surgery. All patients meet with a nutritionist before surgery to create a healthy eating plan. To avoid discomfort and possible complications, patients are encouraged to "eat protein first" at every meal and limits foods that are high in sugar or carbohydrates.

Will I ever gain weight after surgery?

Obesity can cause biological changes within your body that may make you more likely to regain weight. However, with proper nutrition and certain lifestyle changes, you can keep off your weight for a lifetime.

What are the benefits of surgery?

Not only can you expect to lose at least 50 percent of excess weight, you'll also improve or eliminate obesity-related conditions, such as Type 2 diabetes, heart disease, sleep apnea and fatty liver disease.

FREQUENTLY ASKED QUESTIONS

Our Bariatric Surgeons



Roc Bauman, MD, FACS,
FASMBS



Keith Gersin, MD, FACS,
FASMBS



Timothy Kuwada, MD,
FACS, FASMBS



Dimitrios Stefanidis, MD,
PhD, FACS, FASMBS

Our Locations

Carolinas Weight Management

14214 Ballantyne Lake Road | Suite 200
Charlotte, NC 28277
704-667-2681

2608 E. Seventh Street
Charlotte, NC 28204
704-355-9484

Carolinas Weight Loss Surgery

1090 Vinehaven Drive
Concord, NC 28025
704-403-7580

Take the first step toward success and register for a free weight loss surgery seminar.

866-965-4957 | CarolinasHealthCare.org/Bariatric

